

Filling & Healthy foods

○ **Filling & Healthy foods** are identified with a green circle in all our recipes and foods. These foods are the best choices to make so try to include as many as you can in your meals. They not only fill you up without weighing you down but are healthier choices because they are lower in sodium, saturated fat and sugar and/or higher in protein and/or fibre.

Make them your go-to choice when you need a quick snack or to bulk up your dinner.

FRUIT

Apple
Apricot
Babaco
Banana
Berries, mixed,
fresh and frozen
Blackberries
Blueberries
Boysenberries
Cherries
Cranberries
Custard apple
Feijoa
Fig
Fruit salad
Grape
Grapefruit
Guava
Honeydew melon
Jackfruit
Kiwifruit
Lemon
Lime
Loquat
Lychee
Mandarin
Mango
Mulberries
Nashi pear
Nectarine
Orange
Papaya
Passionfruit
Paw paw
Peach
Pear
Pepino
Persimmon
Pineapple
Plum
Pomegranate
Prickly pear
Quince
Rambutan
Raspberries
Rhubarb
Rockmelon
(cantaloupe)
Strawberries
Tamarillo
Tamarind
Tangelo
Watermelon
Includes all fresh or frozen varieties and canned fruit in natural juice (drained). Excludes all

fruit juices, coconut and fresh dates. Excludes avocados.

VEGETABLES

Alfalfa sprouts
Artichoke
Asparagus
Baby corn
Bamboo shoots
Beans
Beetroot
Bitter melon
Bok choy
Broad beans
Broccoflower
Broccoli
Broccolini
Brussels sprouts
Cabbage
Capsicum
Carrot
Cassava
Cauliflower
Celeriac
Celery
Chicory
Chillies
Choko
Choy sum
Corn
Cucumber
Eggplant
Endive
Eschalot
Fennel
Gai lan
Kale
Kohlrabi
Kumara
Leek
Lettuce
Mung beansprouts
Mushrooms
Okra
Onion
Pak choy
Parsnip
Peas
Potato
Pumpkin
Radicchio
Radish
Rocket
Sea vegetables/
seaweed
Shallots
Silverbeet
Snake beans

Snow peas
Snow pea sprouts
Spinach
Spring onion
Squash
Sugar snap peas
Swede
Sweet potato
Taro
Tomato (including tomato puree and passata)
Turnip
Water chestnut
Watercress
Wombok (Chinese cabbage)
Yam
Zucchini
Includes canned vegetables in brine (drained), unflavoured canned tomatoes and tomato puree, and roasted or chargrilled vegetables (not in oil).

HERBS & SPICES

Dried herbs and spices
Basil
Bay leaf
Caraway seeds
Cardamom
Chervil
Chilli flakes
Chilli, ground
Chilli powder
Cinnamon, ground
Cinnamon, quill
Cloves
Coriander
Coriander seeds, ground
Cumin seeds, ground
Fennel seeds, ground
Mint
Mixed herbs
Nutmeg, ground
Oregano
Paprika, ground
Parsley
Pepper, black or white
Rosemary

Saffron
Sage, ground
Star anise
Tarragon
Thyme
Turmeric, ground
Fresh herbs
Basil
Bay leaf
Chervil
Chilli, green
Chilli, red
Chives
Coriander
Dill
Garlic
Ginger
Kaffir lime leaf
Lemongrass
Mint
Mixed herbs (bouquet garni)
Oregano
Parsley
Rosemary
Sage
Tarragon
Thyme
Turmeric
Includes all fresh and dried varieties of herbs and single spices. Excludes all spice mixes with added ingredients, such as salt, fat and starches.

DAIRY

Cheese, cottage, low fat
Cheese, quark, low fat
Cheese, ricotta, low fat
Milk, almond
Milk, oat
Milk, rice (calcium enriched)
Milk, skim
Milk, soy, no fat, low fat or reduced fat
Yoghurt, no fat, no added sugar, flavoured
Yoghurt, Greek Style, no fat
Yoghurt, natural, no fat, low fat or reduced fat

Yoghurt should not contain muesli, confectionery or dried fruit.

EGGS

Egg, all types (poached or boiled).

MEAT

Bacon, 97% fat free

Beef

Blade steak
Round
Rump steak
Silverside roast
Sirloin steak
Topside steak and roast

Lamb

Backstrap, piece or butterfly
Fillet
Leg, steak or diced
Mini roast
Mutton, leg roast

Pork

Butterfly steak
Fillet
Lean, leg or fillet, diced
Lean, leg or fillet stir fry strips
Leg, roast and steak
Loin, steak (bone removed, fat trimmed)
Medallion steak
Round mini roast
Round steak
Topside steak

Veal

Cutlet
Leg or Loin, diced
Leg roast and steak and schnitzel steak (uncrumbed)
Shank (osso buco)

Game meat

Buffalo
Crocodile
Emu
Goat
Kangaroo, loin and rump
Ostrich
Rabbit

Venison

Lean, diced
Lean, stir-fry strips
Leg
Mince, premium

Organ meats

Beef, lamb, heart and kidney
Lamb brains
All fresh meat must be lean and trimmed of all visible fat. Methods of cooking include: braising, roasting, baking, dry-frying, poaching, microwaving, barbecuing or grilling.

Poultry

Chicken, Breast only
Smoked breast, 97% fat free
Breast mince, low fat
Turkey, breast only
All poultry must have the skin removed and be trimmed of all visible fat. Methods of cooking include: braising, roasting, baking, dry frying, poaching, microwaving, barbecuing or grilling.

LUNCHEON MEAT

Luncheon meats, 97% fat free
Chicken*
Ham*
Pastrami*
Turkey*

FISH & SEAFOOD

Fish, fresh
Barramundi
Basa
Bream
Cod
Dory
Finfish
Flathead
Flounder
Gemfish
Hake
Hoki
Kingfish
Ling
Mackerel
Morwong

Mullet
Mulloway
Orange roughy
Sardines
Shark
Snapper
Sole
Swordfish
Tilapia
Trevally
Tuna
Whiting
Excludes fresh milkfish, ocean trout, perch and salmon.

Fish, canned

Salmon (pink), Sardines and Tuna, In *springwater only, (drained)*
Excludes all flavoured types.

Seafood

Abalone
Calamari
Clams
Crab and crabmeat in brine (drained)
Lobster
Mussels
Octopus
Prawns
Scallops
Seafood marinara mix
Methods of cooking include: stewing, baking, dry frying, steaming, poaching, microwaving, barbecuing or grilling.

GRAINS

Barley, pearl
Bran, oat
Buckwheat
Borghul
Freekeh
Millet
Noodles, buckwheat (soba)
Pasta, wholemeal
Polenta
Quinoa, all colours
Rice, brown, red, black and wild

Cereals

Oats, rolled or Quick, plain only
Puffed corn, oat and wheat*
Wheat biscuit*
Wheat bran and wheat-bran flakes*
**Cereals should not contain dried fruit, nuts, coconut or sugar.*

Breads

High-fibre white, wholemeal or wholegrain*
Pumpernickel*
Rye, dark*
Soy & linseed*
Lebanese, Wholemeal

Crispbreads

High-fibre wholemeal, wholegrain or rye

Corn snacks

Corn cakes*
Popcorn, air-popped*
Excludes flavoured varieties

LEGUMES

Black beans
Black-eyed beans
Borlotti beans
Broad beans
Butter beans
Cannellini beans
Chickpeas
Haricot beans
Kidney beans
Lentils, whole and split
Lima beans
Mixed beans
Mung beans
Navy beans
Pinto beans
Split peas
Soybeans
Tofu, silken and firm silken
Includes cooked or canned varieties in brine (rinsed, drained).

*Although these foods are marked **Filling & Healthy**, be mindful that not all brands will qualify due to variations in the nutrition content. Check online or your SHOP guide to confirm your favourite brand is **Filling & Healthy**.